

STATE OF COLORADO

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Dedicated to protecting and improving the health and environment of the people of Colorado

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Colorado Department
of Public Health
and Environment

CDPHE-CACFP PROCEDURE MEMO #14-01

DATE: October 2013

TO: Child Care Institution Representatives

FROM: Tracy Miller, MSPH, RD, Director
Colorado Department of Public Health and Environment-
Child and Adult Care Food Program (CDPHE-CACFP)

SUBJECT: Healthier Meal Initiative Policies

In preparation for the upcoming CACFP Meal Pattern changes from USDA, the CDPHE-CACFP applied and received funding from the Colorado Health Foundation to plan and implement the Colorado CACFP Healthier Meals Initiative. The purpose of this initiative is to support participating child care providers in meeting higher nutrition standards for meals and snacks served to children while in care. During the past two years, the CDPHE-CACFP worked through collaborative partnerships with state, local, public, and private partners to plan, prepare, develop and implement activities to support providers in ways that encourage and empower them to meet the new requirements and improve children's health. The Healthier Meals Initiative training materials and tools will support CACFP participating institutions in overcoming the barriers to serving healthier meals.

The CDPHE-CACFP is proud to provide participating institutions with the enclosed "*Healthier Meals for Healthier Kids-Quality Food Experiences for Early Child Care*" Toolkit, which provides an in-depth report of the research behind the policies, classroom activities, and the necessary tools to assist CACFP institutions in implementing the new policies.

The Healthier Meals Initiative policies, effective November 1, 2013 are as follows:

1. Limit 100% fruit juice to twice per week.
2. Limit processed and pre-fried meats to once per week.
3. Offer at least one whole grain product per day.
4. Serve 1% or fat-free milk for children ages 2 years and older (this policy is already in effect as of October 2012).

The CDPHE-CACFP requested and received approval from the United States Department of Agriculture-Food and Nutrition Services (USDA-FNS) to implement the additional meal

requirements. These requirements are consistent with CACFP Federal requirements, and do not deny access to the Program to eligible institutions or participants. The new meal requirements are supported by the scientific evidence review described in the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

Beginning November 1, 2013, Colorado CACFP participating institutions are required to implement the new nutrition requirements. The CDPHE-CACFP will not assess over-claims to participating institutions and their facilities for non-compliance with the requirements, with the exception of the USDA policy of serving 1% or fat-free milk for children ages 2 years and older, which is already in place. However, the new meal policies are requirements of the CACFP and will be noted as findings during reviews if they are not implemented. Compliance with these policies will help child care centers and family day care homes be prepared for the upcoming changes to the CACFP Meal Pattern requirements.

Please contact the CDPHE-CACFP office at (303) 692-2330 if you have any questions or need assistance.